

COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!
2009 FITNESS CLASS SCHEDULE

	MON	TUE	WED	THUR	FRI
9:00 am	Spinning		Spinning		Spinning
9:30 am	P.A.C.E.		P.A..C.E.		P.A..C.E.
12:00 pm		Yoga			
5:30 pm				Cardio & Toning	
6:00 pm	Cardio & Toning	Zumba Starts Session 3	Yoga		
6:30 pm				Step Aerobics	
7:00 pm	Step Aerobics				
7:15			Yoga		
7:30 pm				Yoga	

Spinning Classes Are 45 Minutes and All Other Classes Are 1 Hour Long

*Session 3	March 30—May 8
Session 4	May 11– June 19 (no class May 25)
Session 5	June 22—July 31
Session 6	August 3– September 11 (no class Sept. 7)

Step Aerobics

A	MON 7:00pm	\$18 RES, \$21 NON-RES
B	THUR 6:30pm	\$18 RES, \$21 NON-RES

ZUMBA (starts session 3)

A	TUES 6:00pm	\$18 RES, \$21 NON-RES
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P.A.C.E.

A	MON 9:30am	\$18 RES, \$21 NON-RES
B	WED 9:30am	\$18 RES, \$21 NON-RES
C	FRI 9:30am	\$18 RES, \$21 NON-RES

Spinning

A	MON 9:00am	\$3 RES, \$4 NON-RES
B	WED 9:00am	\$3 RES, \$4 NON-RES
C	FRI 9:00am	\$3 RES, \$4 NON-RES

Cardio & Toning

A	MON 6:00pm	\$18 RES, \$21 NON-RES
B	THUR 5:30pm	\$18 RES, \$21 NON-RES

Yoga

A	TUES 12:00pm	\$18 RES, \$21 NON-RES
B	WED 6:00pm	\$18 RES, \$21 NON-RES
C	WED 7:15pm	\$18 RES, \$21 NON-RES
D	THUR 7:30 pm	\$18 RES, \$21 NON-RES



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Your solution to life-long happiness, health and vitality

P.A.C.E. – Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

Spinning – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages and both genders.

ZUMBA– Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba.

Yoga – in this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5 per class.**
- Students are not encouraged to register for a session after the second week of a new session in Yoga unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If student is under the age of 18, he/she must be at least 15 and accompanied by an adult.
- Refund Policy: you will only receive a refund if you request the refund before the session you are signed up for finishes.

Greenwood Parks & Recreation Department 881-4545

